

Blue/Purple

Eating blue/purple fruits & vegetables helps kids learn and remember.



This color group may help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Idaho examples:

Blueberries, plums, purple grapes, huckleberries, black beans.



Yellow/Orange

Eating yellow/orange fruits & vegetables helps kids see well.



This color group may help maintain:

- A lower risk of some cancers
- A healthy heart
- Vision health
- A healthy immune system

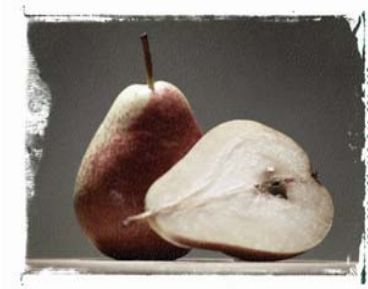
Idaho examples:

Carrots, squash, pumpkin, nectarines, peaches, apricots, corn, cantaloupe, yellow pears, yellow potatoes, yellow tomatoes, yellow lentils.



White

Eating white fruits & vegetables helps kids to be active and fit.

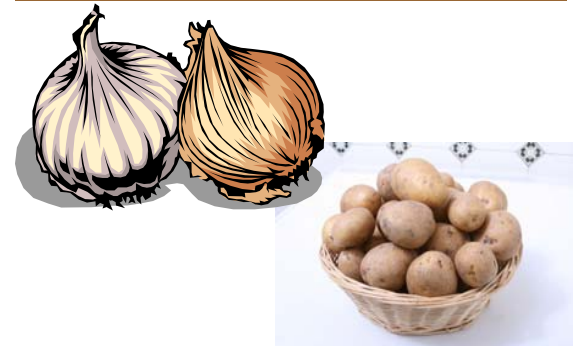


This color group may help maintain:

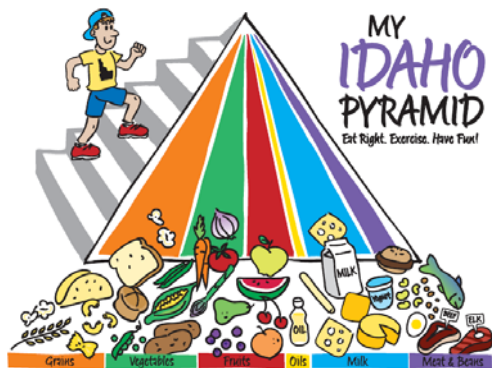
- Vision health
- A lower risk of some cancers
- Strong bones and teeth

Idaho examples:

Beans, onion, pears, potatoes, white flesh peaches, brown lentils, navy beans, garbanzo beans, great northern white beans.



Colorful IDAHO Foods!



In order to get the wide range of health benefits from fruits and vegetables, it is important to eat a colorful variety every day!

Red

Eating red fruits & vegetables helps kids' hearts stay healthy.



This color group may help maintain:

- A lower risk of some cancers
- A healthy heart
- Memory health
- Urinary tract health

Idaho examples:

Cherries, tomatoes, raspberries, strawberries, apples, radishes, rhubarb, kidney beans, watermelon.



Green

Eating green fruits and vegetables helps kids build strong bones and teeth.



This color group may help maintain:

- Vision health
- A lower risk of some cancers
- Strong bones and teeth

Idaho examples:

Leafy Greens, asparagus, green peppers, broccoli, green beans, peas, zucchini, green apples, green grapes, honeydew, kiwifruit, lettuce, cucumbers, spinach, split peas.

